

Ep_56_Make_Time_to_Heal_with_Kids_and_Career

Fri, Dec 20, 2024 12:01PM 29:09

SUMMARY KEYWORDS

busy women, healing journey, self-care boundaries, safety stabilization, managing crises, foundational boundaries, survival mode, spiritual pain, safe community, hope endurance, children's book, workbook resources, family recovery, pastoral sexual addiction, honest conversations

SPEAKERS

Lyschel, Bonny

L Lyschel 00:03

Hi. I'm Pam Blizzard from recovered peace, and I'm Lachelle Burkett with hope redefined,

B Bonny 00:08


and I'm Bonnie burns of strong wives. We're so glad you're joining us. Welcome to another episode of hope for wives. Today we are welcoming Casey Allison, an appsat certified coach who has a specialty in what we're going to talk about today. And also we want to let you know that Pam, Blizzard is ill with the flu, so she won't be here with us. Casey, could you tell us just a little bit about yourself? Yeah, thanks.

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Bonnie, so my name is Casey Allison. I am mom to nine children. It's my claim to fame. I have an almost 18 year old all the way down to a two year old, and I am an app sets coach and a betrayed partner. Myself passionate for the Lord and passionate to see what he can and does do in the lives of wives and mothers all over the world. Well,

B Bonny 01:09

thank you for that. And at the end of our episode, we'll be telling you the links and places you can find Casey, and also those things will be in our show notes. So today, we're discussing how to make time for healing, especially when you're busy. Maybe you're a mom with a full time career, or a woman who runs her own small business, or a woman who has a passion for volunteering. Our first question is, what are some experiences busy women have when first discovery rocks her world.

 Lyschel 01:45

I mean, I think it goes without saying is, you know, oftentimes I can relate to this question a lot in my own story. And I think some of the first things that happened were, the first one was, I don't have time for this. I already have so many other things on my plate. I certainly don't have time for this cleanup. But I also think that the other thing that was really telling for me was how difficult it was to step out of the busyness of life in order to create space to focus on this. And so I tell you that my healing journey took a long time, because reprioritizing and making this work important for me took, took some time like I really thought I would be able to just, you know, I guess, take the blow and then just get back up and Keep going. And so what I see oftentimes not like, oh, not only in my own story, but also what I felt like I saw, I see a lot in clients and women, in group and community, is they're trying to still fit it in as a as a sub item, and yet they can, they feel the pressure that it's not fitting as a sub item. It's consuming them. And so they're really wrestling with, how do I make How do I get through this and still keep all the juggling, all the balls that are there? And so at some point in time, you start to have to have really loving, honest conversations with a what a woman and say, Is there anything you can set down for a season? It's not forever. And I think that was really hard for me to wrap my mind around that it wasn't going to be forever, because it felt like I was going to have to give things up. And I was that made me mad too, which, you know, we talked about some of this, and we probably will talk about this again in another episode, but the level of grief that comes with that, that I have to step off this committee that I love, or I can't take that next adventure that I was anticipating, that vacation with girls because of what you know, my friends, Because of this situation, and the idea of scaling back, does it triggers a lot of grief for us, and yet it is also some of the best self care.

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That idea of being consumed with it really, really hit me. Lachelle, someone told me pretty early on in my journey, it's like your house is burning down. But all I could think of is, I just want to get this load of dishes done, because I don't want to see dirty dishes in the sink. And what I've discovered is looking at each one of the parts of me, each different part of me, and what it's thinking and feeling. So I had the doer that said, I'm going to keep doing all of these things, and then I had this one part that was like, That's it. I'm done. I'm lying on the couch and scrolling through YouTube. And what I found is that if I could listen to what each one of those parts of me were afraid of and what they were really wanting and needing. Mm. So then I could gain just really significant clarity on what I actually could lay down, what I actually did need to pick up, right that, instead of letting myself battle within me, making sure every part of me was taken care of and listened to and heard so how that looked, practically for me, was I okay? So most of my journey, I was overseas in a village in Cambodia, electricity. It was really out there, and so I did feel overwhelmed, and there was a great amount of work that had to be done and things that had to be done. So what stability? What getting that stability so that I could have more clarity looked like for me was, what are my values? What do I value most right now? What is the most important thing to me? And starting there and letting that be what I did, right? So my my greatest value was loving the Lord. So the first thing I did is I let anything that needed to fall, fall apart, fall apart, not get done. And I met with the Lord every day, if that was the only thing that I could do. And then slowly but surely, I kept expanding on those values. And I know as busy wives and moms, we can't let everything fall. So this was a very quick and rapid succession for me, for some things, and then for other things. It was a slow process of building up.

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Lyschel 06:35

And it's kind of interesting how some of those things naturally do fall as you're starting to prioritize the things that are of great value to you. And it really does kind of put it in perspective, and you're just like, it's, it's okay that they're going to eat cereal tonight for dinner, like they're not going to die. I grew up on Tang, so if we're, if we're living on that, we can certainly make it through cereal. I really



06:59

like that idea of the cereal, like, what, when we're looking at ourselves, what part of me says cereal is not okay, right? What part of me says cereal is not okay? And why? Why is it for me? I I was telling myself, cereal makes me a bad mom, and cereal means that I'm not really nourishing my kids, right? And so I felt this unwillingness to do cereals. So when I when I could just reframe just a little bit with I'm wanting to love my kids. That's why I want to give them something nourishing. Well, this is love with this wonderful box of Cheerios, because, because it gives me enough space where I can be there to put the band aid on their boo boo right, or to help them with their homework. That cereal gave me the space to really love them in a much bigger way.

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Bonny 07:55

Now, if, if you're in your second or third discovery, and you're looking back at your past and you're thinking, I wish I had these resources, or I wish I'd had these thoughts. It's okay. It's all a journey. So I just want you to have compassion on yourself, because, honestly, I didn't have these resources or thoughts. You muddle, you meddle along the best you can, until God puts the next right resource in your path. So I just wanted to offer that. Well, let's go on to our next question, which is, what are some first steps for her to consider to move towards stability and

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Lyschel 08:33

safety? You know this, this first step, really, it is the when you look at the model that Appstats presents, the multi dimensional partner trauma model. This is the first phase that they talk about that's so critical for anyone trying to heal, which is safety and stabilization. And so in the early days, early weeks of discovery, if it's a first oftentimes that safety and stabilization looks like self care, it looks like implementing some boundaries, such as, I don't want to sleep in the same room with you. I don't we're not going to talk about this until we're with a therapist. Those are just like, high level off the top of my head, ideas of boundaries, but other really difficult things to consider for safety and stabilization is, is that if there's been an extra mail affair that STD testing is critical in this stage, it's a it's something that not any, no one wants to have to do, but it is definitely something that needs to be a Part of your safety and just get those questions out of the situation.



09:48

I really like the idea of foundations and usina foundational thinas to stabilize so what are those

foundational boundaries making sure we're. Very clear what, what's going to give me the most bang for my buck, and focusing in there, and then also just the basics of living, am I eating? Am I drinking? Where's my sleep? All of those things can create a little bit of stability so that we can get more stability in that next tier. And I think another thing that I wish I had known, boy, I really, really wish I had known, was really stopping and analyzing, what is a crisis here? What are my crises, right? What am I about to overdraft in the bank? Right? Is my kid about to fail out of school? And I've got that parent teacher conference, even little minor crises, and just writing them out on a list and looking, okay, what's going to come back and bite me and make things worse? So managing the crises, and then something that really helped me was having a get out of survival mode plan, because, like you mentioned, Bonnie, I went through this several times, and I had no grace or mercy for myself. The Lord is so merciful. But, boy, I wasn't merciful to myself, and so having a plan to get out of survival mode was really important to me, and so I wrote just this little list of what do I have to have done in the next six hours to be able to not be in more chaos in the next six hours. So I started after probably my fourth discovery day, having a meal that I knew I could throw in the crock pot. And I always made sure it was that those ingredients were in my freezer. So the act of at 10 o'clock in the morning, when I've been crying and I'm stressed out that I had that in my freezer, and I could toss it in my crock pot, because I was back in survival mode, that was so valuable to me, to just take one thing off of my mind, and then I would move to my next thing. Have I spent time with the Lord today? Nope. So I would, I would say, Kids, go outside. You all go outside. Stay out there. And I would take five minutes, just five minutes, to just lay in front of the Lord and hear for him from him, or speak to him, or cry in front of him, and just take that time, and that would just get me to the next little thing. So having the foundational things that I needed, going from getting out of survival mode and managing those crises to next, doing the basics of living, the bare minimum of living. Those two things helped me stabilize, so that then I could move into a little bit more of life. And the idea that that really comes to my mind about this is that I needed to have faith that the bare minimum was enough. I needed to have faith that Jesus was enough and he could be in that bare minimum. And for me, that was the big emotional hump, right? Like, if I just do this, this is not enough, this is not living. But really, what my the different parts of me were saying was that I couldn't trust Jesus in the little, and I love that verse about trusting God in the plenty, and trusting God in the little, and knowing that he's there and and I just for anyone who's out there, I I want to say so very clearly, Jesus is there in the poverty. He is there in the bare minimum. Sometimes it feels like even more so, even more closely, he's there.

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Lyschel 13:42

Yeah, I when you were speaking Casey the Scripture the First Peter, I think it's first Peter five, yeah, First Peter five seven, where it talks about, humble yourselves, therefore under the mighty hand of God, so that at the proper time he may exalt you, Casting all your anxieties on Him because He cares for you. And I just the Lord has unpacked that the verse seven, Casting all your anxieties on Him because He cares for you. He's unpacked that with me so many times. Because what it doesn't say is, cast half of your anxieties on him. It doesn't say cast five, seven, whatever. There's no limitation. And the why behind it is because that's where he wants to be. He wants to be that person for you, that being for you. He want he that's a desire of his longing, right? And I think about people who have just healthy relationships with others. And they're like, Yeah, I know I could call such and such, because she loves making crock pot meals, you know, or whatever, like, it brings life to them. And I'm thinking, that's, that's the same essence, you know, here for the Lord is that him being that level of safe for us. And. I know that that is that can be a very challenging idea when there's been spiritual pain in your story, and there's also been this element of like, you know, I know there have been seasons where I've just a woman

just used this phrase, and I thought, Man, that was so powerful. She said she felt like she was collateral damage, and that someone had said to her that maybe the reason you're going through this is because this is how God needed to get a hold of your husband, which, while that may not necessarily, while that may be true on the other side of it, that statement was so crippling for her to be like, whoa, whoa, whoa, so I'm collateral damage, because my husband can't, you know, God can't talk to him any other way, and just feeling lost and forsaken, right? And yet we know that the word of God says that he'll never leave us or forsake us. So trying to reconcile that I'm kind of getting down a a hole here, but the idea that like a visualize you laying down before the Lord and putting everything in front of him, and you're right. It all comes back to trust. Do I trust him enough to fill in the gaps when I can't show up for my kids? Do I trust him enough when I lose my crap on him too because of stress and just feeling overwhelmed? Do I trust him enough to you know, I there. I can't tell you how many times I have prayed, Lord, can you just pause the world for a day? Like, can we just pause the world for a day? And I know that that's not actually happening, but there is something about it that I feel like he pauses my world for the day, and I'm good with that, where I can just like, the emails can wait, the bills can wait, that everything can wait till tomorrow. It's okay to take the day, so just encouraging each of our listeners to just to sit with that, even if it makes you mad, because it really made me mad. I didn't like the idea that I had to cast my anxieties anywhere, but I also don't know what to do with them, so I might as well give them up to somebody who can do something about them. So,

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Bonny 17:25

yeah, and what comes up for me in your conversation together there is talking about the world doesn't stop just because of the betrayal, and just saying that out loud is so validating for so many women like That's right. So I have this added layer of not just stress, but trauma and, and, yeah, it happens and it's real, and that's I just want to validate, and, but that's beautiful, Michelle, you know, we can ask God, God is a is outside of time, and so we can ask him to give us his supernatural time. So maybe it was only five minutes on the floor in React, you know, in our time frame, but to him, and what he can give you is that five minutes was really an hour, an hour of rest in his in his prosperity of time. So I just, I love your conversation here. It's just beautiful. Well, ladies, we're wrapping up this portion of how to heal when you're super busy. And as as our tradition, we're going to end with hope. So Lachelle and Casey, what hope can we leave our listeners today?

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Lyschel 18:45

The hope I'm gonna put out there is it will not be forever, and I only get to say that because I walked there just a little bit before you. And I'm not where I was a year ago. I'm not where I was 18 years ago. So we know that it won't be forever. And one of the things I say often in our community and in our support groups is, and I believe this with all my being, is that God loves us too much to leave us where we are. He's not going to leave us there. He's going to be with us, right? I remember my aunt having the PO that footsteps poem, footprints poem, what was it where he carried he carried you, right? It's then that I carried you. And I think about the number of times where I was just a puddle on the floor, and looking back now, right, that hindsight and being like, oh my gosh, you were totally carrying me right there, and I didn't even realize it. I just want to encourage and I want to extend hope to our listeners that this isn't forever, right? And the other thing that I think is so critical when we're in this stage is being able to have safe community around us to help us see that, because so often we get tunnel vision in our in just in our place. And so being able to be in a group or with another person, even if it's just a one on

one, and either hear their experiences or how help them remind you what you've come through. Like, no, no, no, remember that, that such and such are asking you for prayer updates, right? Like, how many times have you prayed? And then you don't even remember what you prayed, and the Lord answers the prayer, and you're so grateful for it, but to be able to share it with another person and have them remind you, is another way I think, of helping us move through this healing journey. So that would be, that's what I would give our listeners today.



20:55

You know, of course, this first comes to mind anytime we we talk about hope and suffering, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope doesn't put us to shame, and remembering that every part of this is redeemable. People see me now with my nine children and my job and my house and I live in America now, and they see someone that they might have a story in their mind about when we go to church and all my kids sit still because they were used to the four hour services in Cambodia. But nobody knows that, right. They can only sit through this one hour service because they did. They did their time way back when. I never want any woman to feel like what is happening, what she's doing, what she's going through, how she's trying to survive, is somehow comparable to how the rest of us did. I If you all could have seen the mess that I was and the mess that our life was, it, it was extraordinarily bad and chaotic. And I like, I don't like to say that. I do say my kids lost two parents in the betrayal, one to just depression and overwhelm and rage and anger and the other to the addiction and one of the greatest hopes that I have that knowing how bad it was, knowing how bad it was for them, knowing how bad it was for me, sitting right here on this couch and talking to them now and hearing how they saw God show up, and hearing how the little, tiny things that I did that felt like nothing, nothing in the midst of what we were going through were so meaningful. I did not expect my children to be okay at this point, I would have never foreseen this. I would have never seen foreseen me being okay, even thriving with joy and peace in my life, that here we are, and for me, that hope is that not one bit of my will turning toward the Father. Not one bit of God's grace being extended into my life where I could just look at my child, look up from my phone and look at my child, every little bit of that I believe God magnifies and works to redeem. And so I just boy if he can redeem the mess that our lives was, I know he can redeem anyone's life.



Lyschel 23:50


I want to throw out one little song suggestion. This is a one that's been on repeat for me right now, and it's called so help me God. It's by Benjamin Hastings, Benjamin William Hastings, and I mean, it starts off and it the chorus is, I'm going to get through this, so help me, God, I'm going to get through this. So help me, God. And I just, it's got a little bit of an upper beat. It's not quite so, so key, but it does feel like it creates an anthem inside of you. And so I thought I'd share that.




Bonny 24:23


I'm going to ask Casey to tell us where our listeners can find you and what resources you have available for busy moms who are trying to heal.


 24:31
Okay,

 24:34
so you can find me at come awake coach, [www, dot come awakecoach.org](http://www.comeawakecoach.org), my two big places where my heart goes is I work with wives of offenders, partners of offenders, sexual offenders, and so I have a lot of resources there. My other, the other big part of my heart is working. With families, I have just created a new program for families who want to try to work toward recovery together now that can be moms with their children, that can be both parents with their children, and I offer a lot of resources for families really wanting to make sure they are having they are creating an atmosphere of authenticity and openness, curiosity, even for those kids, for families to be able to reconnect over what has been lost, over the disconnection that betrayal and The aftermath of betrayal brings one of my favorite resources that I have right now is I wrote a children's book for parents to use with their children to talk about what's going on in a very gentle, non descriptive, but helpful and informative way. And then I am releasing a workbook next week for parents to work with their children, through processing what all is going on again, to create that connection, that openness, to create a conversation that is going to be ongoing, and bring healing for everyone involved. Because we know this touches every part of our family, but it's not super involved, because I remember, right? Just like what we just talked about, I have time for this. I don't, right, and we know talking about this, can just bring it, can just press so many points. So part of the curriculum that I built is just a little booklet that you can just go through as a mom, right, to work through this with them simply doesn't require a ton of thought, but it's a lot of connection, which is the goal. That's what I offer right now, of course, as well as one on one sessions, and I also do work with addicts as a pastoral sexual addiction professional.

 Lyschel 26:56
Is this something like I'm just thinking about my own life? Is this something that I could read and then just bring up one of the best places I have conversations with my kids is in the car as I'm taking them to and from school or other activities. So is this something that I could just have and just strategically put place in the middle of a conversation while we're in the car?

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The children's book would be more like a conversation starter, right? So it's a very brief little book, but what I found with my kids is that it, it was like the little impetus to be able to have those conversations in the car, right? Yeah, yeah, the workbook, how the workbook works is to create language for those conversations so you can do a little bit of the work and then have as many of those conversations as you need to with that language, with that framework. Does that make sense? Yeah,

 B Bonny 27:54



perfect. Awesome. Well, thank you, Casey for being here, listeners. We're We also thank you for being here today. And if you'd like to leave us a question or comment, please use the contact button on our website, hope for wives. And that's F, O R, hope for wives.com and also, we'll be calling some questions for an upcoming listener question episode. So if you'd like your your question or comment to be considered for that, please, please also go to the website. And if this podcast has helped you, please leave a five star rating or review on iTunes to help other people find us when we reach 500 ratings, Apple podcast promotes us in a different way, and we're deeply grateful that you've allowed us to be in your life today, and we'll see you next week, as we will continue this conversation about how To heal when you're a busy, busy mom, bye, bye.